



DEREHAM

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GROUP NEWS

Line Dancing

If you've ever wandered past the Wellspring Family Centre on a Wednesday afternoon and heard laughter mixed with great music, you've probably found our lively Line Dancing group!

Meeting every **Wednesday from 2.45pm to 3.45pm**, this friendly bunch enjoys an hour of fun, exercise and plenty of laughs. There are no partners to worry about, no fancy costumes required—just comfortable shoes, a sense of humour... and don't forget to **bring a bottle of water** because you'll certainly know you've had a workout! At just **£5 per session**, it's excellent value for an enjoyable afternoon of music, movement and friendship. There's always plenty of encouragement and a warm welcome waiting. Judging by the smiles at the end of each session, everyone leaves feeling just that little bit happier!

CRAZY GOLF/PITCH & PUTT

Am sorry the weather put many of you off attending, however those of us that braved the hot weather enjoyed ourselves. I must admit the ice creams went down well at the end to cool us down.

You will be pleased to hear I am going to give it another go in the 'U3A Week' in September on the Wednesday 23rd when the weather should have cooled down. So those of you that missed out this time get another chance to give it a go. A reminder will be sent out to all nearer the time, but feel free in the meantime to contact me via the website to get your name down.
Angela, Treasurer

FROM THE CHAIR – Pauline Lowe

Last Month's Speaker Meeting -

LOOK AT WHAT YOU'RE MISSING!!!

Our July speaker certainly gave us something a little different—and what a wonderful afternoon it was!

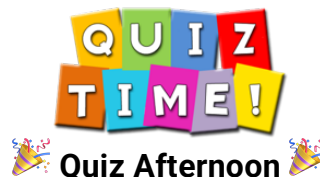
Paul Lillie, artist, musician and storyteller, entertained us with his unique and engaging presentation, combining live music, fascinating stories and painting to chart the remarkable rise of Liverpool's Fab Four. Watching a painting emerge before our eyes while listening to the music and memories of The Beatles made for a truly memorable experience.

Paul's relaxed, interactive style encouraged plenty of audience participation, with many members happily joining in with the singing and sharing in the nostalgia. It was a performance that appealed to Beatles fans and music lovers alike, bringing back fond memories and creating a real feel-good atmosphere in the hall.

A huge thank you to Paul for such an original and entertaining afternoon. Judging by the applause and the many positive comments afterwards, I think it's safe to say he struck all the right notes!

My thanks also go to **Jenny Fielding**, who displayed her beautiful collection of photographic greetings cards. The cards were absolutely stunning, and all proceeds from their sale go to charity. Jenny had a very successful afternoon and, in a lovely gesture of generosity, kindly donated **£10** to Dereham u3a. Thank you, Jenny, for supporting both your chosen charity and our u3a.

NEXT MONTHLY MTG – MEMORIAL HALL



 **Date:** Thursday 13th August

 **Venue:** Memorial Hall

 **Doors Open:** 1:30pm

 **Quiz Starts:** 2:00pm

 Enjoy a slice of cake with tea/coffee while putting your knowledge to the test!

 **£3.50 per person**, payable on the door (reserved places only)

No need to form a team – just come along, take a seat, and join in!



GROUP NEWS LOCAL HISTORY

We meet the third Wednesday afternoon of the month, 2.00 PM at the Baptist Church in Dereham. Doors open at 1.30 PM.

Join us for tea, coffee & biscuits after the meeting. Cost £5.00.

The full programme for 2026 can be accessed via website, groups, local history for by clicking on this [LINK](#).

FOR THE CURIOUS

These varied talks are held in Trinity Methodist Church Hall in Theatre Street and are open to all. The meetings start at 2.00pm, last about an hour and followed by refreshments.

Moving forward we will be charging £5.00 entrance fee

Our next talk is as follows:
August 28th – John Davies
Roman Norfolk

JOLLY DAYS OUT



Contact: Trudy Gust/Jan Hayes-Griffin
Email: jollydaysout@gmail.com

As there is usually a lot of information regarding outings, we are being economical with our words and sending details in an email rather than dominating the monthly newsletter!

Five outings up until November are now available to book, including the ever-popular visit to Ely Cathedral for the Christmas Gift and Food Fair. Believe it or not, ticket prices for the Great Yarmouth Hippodrome Christmas Circus and Water Spectacular are not yet available – once received, information will be added to the website.

Take a look at the [Outings page on the Dereham U3a website](#) for full details about what is on offer and how to book.

Pete's Puzzle's 2 **Alphabetical World Tour** **A begins with A, B begins with B etc.**

(ANSWERS UPSIDE DOWN AT THE BOTTOM OF NEWSLETTER)

- A - Its capital is Juneau.
- B - Wine producing area in South Australia.
- C - Former English county that contained Hartlepool and Middlesbrough.
- D - Home of the Scottish football team Queen of the South.
- E - Home of the "Ship of the Fens".
- F - Headquarters of the European Central Bank.
- G - Real location where Death in Paradise is filmed.
- H - Where 1952 Summer Olympics were held.
- I - Sea around Corfu and Paxos.
- J - Volcanic island famous for Arabica coffee.
- K - Location of The V&A museum and Imperial College.
- L - River that flows through Lancaster
- M - Capital of Wisconsin, named after the 4th President
- N - Second largest island by area.
- O - Enya's Womble?
- P - Area at the southernmost tip of South America
- Q - Range of hills in Somerset
- R - Mountain with 4 carved heads
- S - Volcanic mount that lost its head in 1980
- T - Formerly called Formosa
- U - Second largest lake in the Lake District
- V - The world's smallest country
- W - Most easterly Republic of Ireland's town and county.
- X - Site of Kublai Khans legendary city.
- Y - Peninsula of Mexico, Belize and Guatemala
- Z - Spice Islands birthplace of Freddie Mercury

ANSWERS TO PETE'S PUZZLES

14. New Guinea	1. Alaska
15. Orinoco	2. Barossa Valley
16. Patagonia	3. Cleveland
17. Quantock's	4. Dumfries
18. Rushmore	5. Ely
19. Saint Helens	6. Frankfurt
20. Taiwan	7. Guadeloupe
21. Ullswater	8. Helsinki
22. Vatican	9. Ionian
23. Wicklow	10. Java
24. Xanadu	11. Kensington
25. Yucatan	12. Lune
26. Zanzibar	13. Madison